

This listing of claims will replace the originally filed claims in the application.

### Listing of Claims

1. (Currently Amended) A striking target device comprising:

a target body with a generally planar striking surface with a main striking area and at least one pivot striking area;

a base; and

a ~~means~~ pivot mechanism for pivotally mounting the target body on the base such that the striking area remains fixed on a first plane when struck in the main striking area, but pivots on an axis to a different fixed plane when struck in the pivot striking area.

2. (Currently Amended) The striking target device of claim 1 wherein the ~~means~~ pivot mechanism ~~for pivotally mounting~~ includes:

a cam tube having a cam edge;

~~a cam follower;~~

a guide tube having a cam follower; and

a tension means for providing tension between the cam tube and the guide tube such that the cam edge is biased against the cam follower, allowing such that the guide tube to pivot about the axis such that striking surface pivots to a different fixed striking plane when struck in the pivot striking area.

Claims 3-4: (Cancelled)

5. (Currently Amended) The striking target device of claim 1 wherein the main striking area is located substantially on ~~an~~ the axis, and the pivot striking area extends outwardly from the axis.
6. (Currently Amended) The striking target device of claim 1 wherein the ~~means pivot mechanism for pivotally mounting~~ has a tension means that stretches to create compression applying resistance to pivoting of the target body and the tension means also provides a flex means allowing the device to flex across the axis to absorb force applied from strikes thereby allowing strikes to pass through as a result of the target body flexing sufficiently across the axis.
7. (Currently Amended) The striking target device of claim 1 wherein the ~~means pivot mechanism for pivotally mounting~~ has a flex lock unit that can be positioned over the ~~means pivot mechanism for pivotally mounting~~ thereby preventing flexing across the axis, while allowing the target body to pivot and change the striking planes when the striking surface is struck.

Claims 8-13: (Cancelled)

14. (New) A method for strike training, the method comprising the steps of:

providing a striking target device comprising:

a target body with a generally planar striking surface with a main striking area and at least one pivot striking area;

a base; and

a pivot mechanism for pivotally mounting the target body on the base such that the striking area remains on a first plane when struck in the main striking area, but pivots on an axis to a different plane when struck in the pivot striking area;

positioning the striking target device at a desired height;

striking the striking target device in the main striking area, the strike leaving the target body in the first plane; and

striking the striking target device in the pivot striking area, thereby indexing the target body from the first plane to the second plane.